

**MUNSON ARMY HEALTH CENTER
550 POPE AVE
FT. LEAVENWORTH KS 66027
913-684-6120**

PATIENT GUIDELINES FOR 24 HOUR URINE COLLECTION

1. Begin the 24-hour urine collection period at a time convenient to you. Once the collection process has started, all urine must be collected for the next 24-hour period in order for the test to be valid.
2. Label the jug with the starting time and date. At start time, void into the toilet. **DO NOT USE THIS SPECIMEN AS PART OF THE 24-HOUR COLLECTION.** Collect **ALL** urine samples after the first void in a separate container and pour into the 24-hour collection jug for the next 24 hours. **REFRIGERATE** collection jug until delivery to the lab.
3. At exactly 24 hours after the start time, collect the last urine specimen and pour into jug. Write full name, sponsor's social security number, and stop date and time on the jug label.
4. Bring the 24-hour urine specimen to the lab. Lab hours are Monday-Friday, 0730-1630.

FOOD RESTRICTIONS FOR 24-HOUR URINE COLLECTIONS

1. **CREATININE CLEARANCE:** At least 6 hours prior to collection and continuing throughout the test, do not eat meat, poultry, fish, tea, or coffee. Drink plenty of water. **NOTE:** A blood sample must be collected when urine is delivered to the lab.
2. **5-HYDROXYINDOLEACETIC ACID (5-HIAA):** 48 hours prior to collection, do not eat bananas, tea, tomatoes, avocados, and eggplant.
3. **VANILLYLMANDELIC ACID (VMA) AND CATECHOLAMINES:** 72 hours prior to collection, do not eat bananas, chocolate, coffee, tea, and vanilla flavoring.
4. **ASCORBIC ACID TOLERANCE TEST:** 24 hours prior to testing, do not eat foods high in ascorbic acid (vitamin C). Drink plenty of water as desired.
5. **C-XYLOSE TOLERANCE TEST:** Fast overnight before the test. This means no food or drink for 10 to 12 hours. Drink plenty of water. Take medications according to doctors orders.

QUESTIONS MAY BE DIRECTED TO THE LAB AT 913-684-6120